

# SANTEE BRANCH LIBRARY

9225 CARLTON HILLS BLVD  
SANTEE, CA 92071 619-448-1863

SENIOR ACTIVITIES



April 1	9:00am	1st Wednesday: Dr. Kim Keeline will present on “the trial of the century” in her talk “True Crime: Harry Thaw, Stanford White, and the Girl on the Red Velvet Swing.”
April 2	8:45am	Chair Yoga: Certified instructor leads this low impact yoga class
April 3	11:30am	Paper Crafts: Professional crafter Annelvira leads a class making unique paper home decor. All materials provided.
April 4	8:30am	Hatha Yoga: Certified instructor leads this energizing yoga class
April 4	1:00pm	Mah Jongg for Beginners: Learn American Mah Jongg from experienced players
April 9	8:45am	Chair Yoga: Certified instructor leads this low impact yoga class
April 16	8:45am	Chair Yoga: Certified instructor leads this low impact yoga class
April 17	10:00am	Coffee & Books: Book Love with Hildie and Penny– Enjoy book recommendations from our two favorite retired librarians.
April 18	1:00pm	OASIS class: Avoid the Annoyances of Aging with Dr. Philip J. Goscienski- Growing older is inevitable, but many of the physical and mental challenges that seniors face are not. More than twenty such health annoyances that range from decreased energy, to liver spots, to irregular sleep and poor memory can be postponed or even avoided completely. Learn how this is possible during this presentation.
April 23	8:45am	Chair Yoga: Certified instructor leads this low impact yoga class
April 26	2:00pm	Santee Community Chorus Concert: This performance by the Santee Community Chorus will have a poetry focus for National Poetry Month.
April 30	8:45am	Chair Yoga: Certified instructor leads this low impact yoga class

